

40 SIMPLE LENTEN IDEAS FOR KIDS



PRAYER

- ☐ Say a short prayer every morning.
- ☐ Thank God for three things every night.
- ☐ Pray one Our Father slowly and carefully.
- ☐ Pray for someone who is sick or sad.
- ☐ Pray for your teacher or classmates.
- ☐ Pray before homework or schoolwork.
- ☐ Say a prayer for people who are hungry.
- ☐ Spend one quiet minute with God.
- ☐ Pray for someone you find difficult.
- ☐ Read one Bible verse and reflect on it.
- ☐ Pray a decade of the Rosary.
- ☐ Say a prayer while you brush your teeth.
- ☐ Pray the Hail Mary three times each day.
- ☐ Start your day with the Sign of the Cross.

FASTING

- ☐ Give up complaining.
- ☐ Turn off screens for 30 minutes.
- ☐ Skip dessert or treats after dinner.
- ☐ Give up arguing or talking back.
- ☐ Give up your favorite video game.
- ☐ Give up negative words.
- ☐ Choose water not sugary drinks.
- ☐ Don't wear your favorite clothes.
- ☐ Stop yourself from interrupting.
- ☐ Give up extra snacks between meals.
- ☐ Give up your favorite kind of music.
- ☐ Give up your favorite breakfast food.
- ☐ Turn off all devices after dinner.

ALMSGIVING

- ☐ Share a toy or game with someone else.
- ☐ Help your teachers without being asked.
- ☐ Donate coins to a charity or church.
- ☐ Write a kind note to someone.
- ☐ Act kindly to those who feel left out.
- ☐ Give away clothes or toys you don't use.
- ☐ Help a sibling or friend with homework.
- ☐ Do an extra chore for your family.
- ☐ Make a card for someone who is sick.
- ☐ Write thank you notes to teachers.
- ☐ Save money to give to someone in need.
- ☐ Help clean up without complaining.
- ☐ Invite someone to play who is alone.



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